

Ask the Outreach Worker

Q: No one told me what to expect as I was becoming a truly mature adult. Sometimes I feel as if I’ve been transported into a strange, new land where each day a new challenge appears that I’ve never encountered before. I don’t want to be a bother, but I would like to talk to someone about everyday concerns such as finances, health, transportation, home repair and such. Do you have any suggestions for me?

A: Our Support Services staff members are each specialists in the areas you may have questions about. If you are unsure who to call or just want a sounding board to listen to your overall concerns, **call our Outreach staff (either Martha McClelland at 240-314-8816 or Miriam Minera at 240-314-8817.)** Here are the numbers of our other support services specialists:
Support Services Supervisor, Lorraine Schack (240-314-8812)
Computer Lab, Andre Hickman (240-314-8805)
Counselor/support group facilitator, Barbara Wilson (leave a message at 240-314-8810)
Health and Wellness, Betty Figlure (240-314-8803)
Home Maintenance, Bob Durant (240-314-8819)
Support Services Main Office/Transportation Services (240-314-8810)

We’re here to help you. You will then be better prepared to help others in this journey that we’re all sharing. Alyce Dixon of Washington D.C., 105 years old, was recently quoted in *The Washington Post*: “Enjoy this life while you’re living. You got this one life to live – live it to the fullest. And be kind to people. Remember that there’s always someone who could use your help. Try to share some of the things you have that they don’t have. Try to help someone along the way.”

Martha McClelland, Senior Outreach Worker
MMcClelland@rockvillemd.gov 240-314-8816

Rockville Senior Center Newsletter

Add years to your life and life to your years!



October Program and Events

Go to www.rockvillemd.gov/seniorcenter and click on recreation classes to see a full list of classes offered, or pick up a copy of the latest Recreation Guide at the Senior Center or any City facility.

M-Members (Age 60 and older)
R-Residents/nonmembers
(Age 60 and older who live in Rockville but are not members of the center)
NR-Nonresidents/nonmembers
(Age 60 and older who live outside the City of Rockville limits)

Oct. 1- Dec. 10 (Mondays and Wednesdays) 12:30-2:30 p.m.
Citizenship Class If you have been a U.S. resident for four years and nine months and would like to become a citizen, please sign up. Instruction in English; communication and preparation for the I.N.S. Naturalization interview is offered. #41290. \$15M/\$20R/\$26NR.

Oct. 17 (Wednesday) 1-2 p.m.
New Trends in Joint Replacement Join Dr. Alam, an orthopedic surgeon with Orthopedic Surgeons of Montgomery County and the Joint and Spine Centers at Holy Cross Hospital, as he discusses arthritis and joint replacements and addresses some of the approaches of new technology and treatments. Register at the Information Desk or please call 240-314-8810. Free.

Oct. 23 (Tuesday) 10 a.m. - noon
Flu Clinic Bring your Medicare/ insurance cards to the Health Room. Open to all.

Oct. 25 (Thursday) 1-2 p.m. **Safe Driving Road Review** Join Joe

Beddick, Safety Services Manager for AAA Mid-Atlantic Foundation for Education and Safe Driving, as he discusses safe driving for seniors with a Road Wise review. He will offer an eight-point check list to help you assess your driving capability. #41115. Free.

Oct. 29 (Monday) 1-2 p.m.
American Pharmacists Association-Academy of Student Pharmacists presents "Operation Heart" Are you taking medication for your heart or blood pressure? Student pharmacists from the University Of Maryland School of Pharmacy are here to help you understand how your medications work and how you can make the best food and exercise choices to help your medications do their job! Join us for a presentation followed by plenty of time to ask questions about keeping heart healthy! Register at the Information Desk or please call 240-314-8810. Free.



Dates to Remember:

Clutter Sale and Cafe
Thursday, Oct. 18,
10 a.m.— 2 p.m.

Flu Clinic
Tuesday, Oct. 23, 10 a.m.— noon
(open to all in Health Room.
Bring your Medicare/ insurance cards.

For updates and information visit our website (below).

Senior Center Hours:

Monday - Friday, 8:30 a.m.-5 p.m.
Saturday, 8:30 a.m.-1 p.m.

Fitness Center Hours:

Monday - Friday, 7 a.m.– 7 p.m.
Saturday, 7 a.m.– 3p.m.

1150 Carnation Drive
Rockville, Maryland 20850-2044
240-314-8800

www.rockvillemd.gov/seniorcenter



Get Into It

Rockville Senior Center
1150 Carnation Drive
Rockville, Maryland 20850



PRESORTED
STANDARD U.S.
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PERMIT NO. 63

Wellness: Colds and the flu

If you have not had your flu shot--get one! Influenza, or flu, is a serious respiratory illness, easily spread from one person to another and can lead to severe complications, even death. The flu virus is not treated with antibiotics, but may be prevented with a flu shot. New antiviral medications may help shorten the duration of the flu. The shot is particularly important for seniors, as the immune system weakens with age. Both the traditional and a higher dose vaccine are now available.

The cold, like the flu is a virus and cannot be treated with antibiotics. The best treatment is to let it run its course. Colds are minor infections of the nose and throat caused by several different viruses. A cold lasts about a week, but may be longer. Colds are highly contagious, most often spread when droplets of fluid that contain a cold virus are transferred by touch or inhaled.

Symptoms for a cold appear 1 to 3 days after the virus enters the body and may include: runny nose, congestion, sneezing, weakened sense of taste or smell, scratchy throat, and cough.

Treatment may use over the counter medications for temporary relief. Follow dosage instructions and make sure there is nothing in them that is incompatible with other medications you take (ask your doctor or pharmacist).

Prevention:
* Avoid close contact with people who have a cold
* Wash hands often (and after touching someone with a cold or objects they have touched)
* Keep fingers away from the nose and eyes to avoid infecting yourself with cold virus particles that may have been picked up
* Keep an eye on the humidity of your environment so that sinuses do not dry out
*Cover the nose and mouth with a tissue (or the elbow of your arm) when coughing or sneezing...then throw the tissue away and wash hands. Stay away from people who are most vulnerable.
* Stay hydrated

When you are sick or not feeling well...stay home! You will heal faster and not infect others! If symptoms persist or other complications develop, consult your healthcare provider.

Rockville Seniors, Inc.

A check was given last month for \$26,000 in completion of the parking lot.

Silver Diner cards are for sale at the desk. Book donations are accepted outside the library. We very much appreciate the support of members and ask that you continue to donate gently used books, both hardcover and paperbacks from fiction and biography. We especially need hardcover best-sellers. Please no textbooks.

Callers for bingo are needed. Consider spending a Wednesday evening at the center.

Fifth Congress of Gamers

Join us for old games and new favorites at the Congress of Gamers in the Carnation room.

Intergenerational Workshop: Play board and card games. On Saturday, Oct. 6, 2 - 5 p.m., volunteers will teach and play games. Student volunteers earn Student Service Learning hours.

Or join us for the whole Congress:

Date/Time: Saturday, Oct. 6, 9 a.m. - 10 p.m., and Sunday, Oct. 7, from 9 a.m. - 6 p.m.

Seniors 65 and older Fee: \$5 per day.
Youths 16 and younger Fee: \$5 per day.
Saturday & Sunday Fee: \$17 at door, or \$15 if pre-registered.
Saturday Only Fee: \$12 at door, or \$11 pre-registered.
Sunday Only Fee: \$6 at door, or \$5 pre-registered.

Calling Veterans

Rockville 11 is looking to interview seniors who are military veterans for a television news story for Veterans Day 2012. Please call 240-314-8812 or email Lorraine Schack, lschack@rockvillemd.gov if interested.

Forget-Me-Not

Marion Thompson, 83
Pauline Ng, 83
Ronald Pedowitz, 83

In memory of Ruth Shaw
Donated by YIH



Thursday, Oct. 4*, 1-3 p.m.
The Artist (PG-13 for a disturbing image and a crude gesture)
Best Picture Academy Award Oscar Winner 2012. A silent movie star meets a young dancer, but the arrival of talking pictures sends their careers in opposite directions. ***One-day showing in the Carnation room; snacks will be available for purchase.**

Friday, Oct. 26, 1-3 p.m.
Tinker Tailor Soldier Spy (R for violence, some sexuality/nudity and language)
In the bleak days of the Cold War, espionage veteran George Smiley is forced from semi-retirement to uncover a Soviet agent within the Military Intelligence.

Interested in forming an Italian club?
Call Liz Roybal for more information at 301-424-7987

Supper Club

Tuesday, Oct. 23,
5 – 7p.m.
Catered by the Rockville Senior Center Staff

Your menu will include:

Tossed Salad
Kielbasa w/ homemade macaroni & cheese
Fresh Vegetable
Roll & Butter
Choice of Beverages
Dessert
Cost: \$10 per person
Registration Deadline: Tuesday, Oct. 16

Entertainment: “Jesse Plaidofsky”

Name: _____

Address: _____

Transportation: ___Yes ___ No

Senior Citizens Commission

Rockville Seniors and Channel 11

The Senior Commission has asked Channel 11 to show how active our seniors are in all parts of their lives. Seniors today are more motivated than ever and enjoy a variety of activities. Rockville Seniors are redefining what it means to be seniors!

What is Channel 11's new season premiere? It's "Monthly Senior Moment" where the activities and talents of Rockville's own are showcased. Check it out!

The new “Senior Moment” will be airing monthly at 6 a.m., 8 a.m., 10 a.m, noon, 4 p.m., 6 p.m., and 10 p.m. You can also catch it on the city YouTube channel (cityofrockville).

The City salutes ALL of our veterans! Thank you for being there for us! Channel 11 would like to interview veterans for its November "Veterans Day 2012". Please share your military experiences with our local viewers. Please call or email Lorraine Schack at 240-314-8812 or lschack@rockvillemd.gov and let us highlight your stories!

Volunteers Needed for the Gift Shop

Monday or Thursday
9:45 a.m. – 2:15 p.m.
Retail and cash handling experience helpful!
See Mary Barber or
call 240-314-8800
(Monday - Wednesday, 10 a.m. – 2 p.m.)



Find us on Facebook!

Clutter Sale and Cafe

Thursday, Oct. 18
10 a.m. – 2p.m.
Sponsored by the
Young In Heart Senior Club

Household items, knick-knacks, books and more (please no large electrical appliances, clothing or suitcases) can be donated to the center starting Monday, Oct. 15 until Wednesday, Oct. 17. The clutter sale will take place in the Carnation room at the Rockville Senior Center, on Thursday, Oct., 18 from 10 a.m. – 2 p.m.

